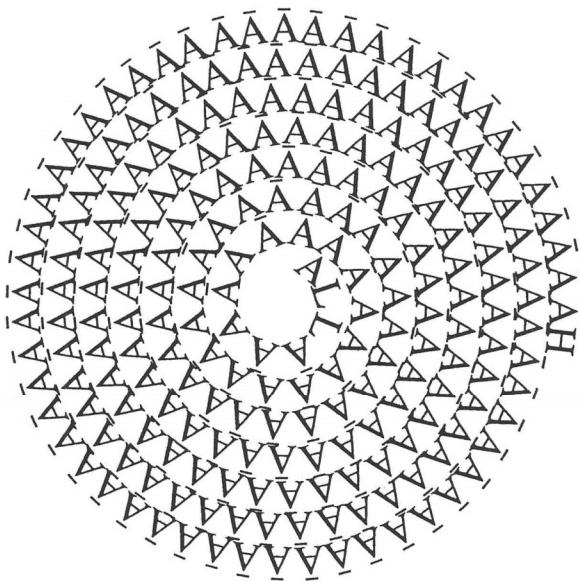


Sound Practice



The Shādhāhulī School
Green Mountain
Virginia

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMİ-LLĀHI-R-RAHMĀNI-R-RAHİM

In the Name of Allāh, The Mercy Full, The Mercy Bestowing

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ • الرَّحْمَنُ الرَّحِيمُ

AL-ḤAMDU-LI-LLĀHI RABBI-L-ĀLAMĪN • AR-RAHMĀNI-R-RAHİM

*Praise to Allāh, Sustaining Lord of the Worlds,
The Mercy Full, The Bestower of Mercy*

مَلِكُ يَوْمِ الدِّينِ

MĀLIKI YAWMI-D-DĪN

Master of the Day of Requital

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

‘IYYĀKA NA-BUDU WA ‘IYYĀKA NASTA’ĪN

To You our worship — and to You our petitions

أَهْدِنَا الصَّرْطَ الْمُسْتَقِيمَ

‘IHDINĀ-S-ŚIRĀTĀ-L-MUSTAQĪM

Guide us on the Straight Path

صَرَاطُ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

SIRĀTĀ-L-LADHĪNA ‘AN-AMTA ‘ALAYHIM
GħAYR-I-L-MAGħDŪB ‘ALAYHIM WA LĀ-D-DĀĀALLIŃ

*The Path of those upon whom You have bestowed blessings
not that of those upon whom is Your Wrath or who are astray.*

{1:1-7}

آمِينٌ

ĀĀĀMĪN

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

LĀ 'ILĀHA 'ILLĀ LLĀHU WAHIDAHU LĀ SHARĪKA LAH.
LAHU-L-MULKU WA LAHU-L-HAMDU
WA HUWA 'ALĀ KULLI SHAY'IN QADIR.

{ix}

There is no deity other than Allāh the One without a partner.
His is the Dominion and to Him is the Praise and He has Power over all things.



LĀ 'ILLĀHA 'ILLĀ LLĀH
(11-33-99x)

اللَّهُمَّ إِنَّا نَتَوَجَّهُ مُسَافِرِينَ بِأَرْوَاحِنَا
إِلَىٰ حَضْرَةِ قُدْسِكَ بِسْرَ: أَسْمَكَ الْعَظِيمَ الْأَعْظَمَ

ALLĀHUMMA 'INNA NATAWAJAHU MUSĀFIRINA BI-'ARWĀHINĀ
'ILĀ HADRATI QUDĀSIKA BI-SIRRI 'ISMIIKA-L-'ADHIMI-L-'A'DHAM

Oh Allāh. We orient our selves that we may travel in our spirits
to Your Holy Presence by the Secret of Your Most Exalted Sublime Name.



ALLĀHĀĀĀĀĀH
(11-33-99x)

هُوَ اللَّهُ رَبُّنَا حَاضِرٌ لَا يَغِيبُ أَبَدًا
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ

HUWALLĀHU RABBUNĀ HĀDIRUL-LĀ YAGHĪBU ՚ABADĀ •
HUWA-LLĀHU-L-LADHĪ LĀĀ ՚ILĀHA ՚ILLĀ HUW

He is Allāh, our Lord — present and never absent
He is Allāh that there is no other than He.



HŪŪŪŪŪŪŪW
{7-11-33-99x}

دَائِمُ الْوُجُودُ . تُحْيِ وَ تُمْيِتُ .
وَ أَنْتَ حَيٌّ لَا تَمُوتُ أَبَدًا . أَنْتَ اللَّهُ رَبُّنَا

DĀIMU-L-WUJŪDĀ • TUHYĪ WA TUMĪT•
WA ՚ANTA HAYYUL-L-LĀ TAMŪTU ՚ABADĀ • ՚ANTA-LLĀHU RABBUNĀ

Eternally Existing—You give life and You give death —
You are Living and You never die — You are Allāh, our Lord.



HAYYYYYYY
{7-11-33-99x}

دَائِمُ الْقِيَامِ بِتَدْبِيرِ شُؤُونِ خَلْقَكَ،
بِقُدْرَاتِكَ وَكَرَمِكَ وَرَحْمَتِكَ أَنْتَ اللَّهُ رَبُّنَا

DAIMU-L-QIYAM BI-TADABIRI SH'UNI KHALQIH •
BI-QUDRATIKA WAKARAMIKA WA RAHMATIKA.
·ANTA-LLAHU RABBUNA

Eternally Everlasting — You manage the affairs of Your creation
by Your Power and Your Generosity and Your Mercy — You are Allāh, our Lord.



QAYYŪŪŪŪŪÜMMMMMM
{7-11-33x}

تُحِيطُ بِالْكَوْنِ وَمَا فِيهِ، تُحِيطُ وَتَعْلَمُ
السَّرَّايرَ مَا خَفِيَّ مِنْهَا وَمَا هُوَ ظَاهِرٌ، أَنْتَ اللَّهُ رَبُّنَا

TUHĪTU BI-L-KAWNİ WAMĀ FIH • TUHĪTU WA TĀLAMU-S-SARĀ'IRA MĀ
KhĀFİ MINHĀ WA MĀ HUWA DHAHIR • ·ANTA-LLĀHU RABBUNA

You encompass every thing that is and all that is in it.
You encompass what is hidden in the secrets and what appears from out of them —
You are Allāh, our Lord.



MUHİBBİTTA
{7-11-33x}

يَا مَنْ أَنْتَ فِي عُلُوكَ قَرِيبٌ ،
بَلْ أَقْرَبُ إِلَيْنَا مِنْ حَبْلِ الْوَرِيدِ ، أَنْتَ اللَّهُ رَبُّنَا

YĀ MAN ḤAFTA FĪ ULUWWIKA QARĪBĀ •
BAL ḤABĀRABU ḤILAYNĀ MIN HABA LI-L-WARĪDĀ • ANTA LLĀHU RABBUNĀ

Oh You who in Your Exalted Sublimity is Near.
Nearer than our jugular vein — You are Allāh, our Lord.



QARĪĪĪĪĪBĀ
{7-11-33x}

تُجِيبُ الْمُضْطَرَ إِذَا دَعَاهُمْ وَتَكْشِفُ السُّوءَ
يَا نَعْمَ الْمُجِيبُ ، أَنْتَ اللَّهُ رَبُّنَا

TUJĪBU-L-MUDṬARRA IDHĀ DAĀHŪ WATAKSIBU-S-SŪŪ •
YĀ NI MAL-MUJĪBĀ • ANTA LLĀHU RABBUNĀ

You answer the desperate one if he calls You — You erase the evil.
Oh Most Gracious Respondent — You are Allāh, our Lord.



MUJĪĪĪĪĪBĀ
{7-11-33x}

اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ وَ حُبًّا مَنْ يُحِبُّكَ
وَ الْعَمَلَ الَّذِي يُبَلْغُنِي حُبَّكَ

اللَّهُمَّ آجِعْنِي أَحَبَّ إِلَيَّ مِنْ نَفْسِي وَ أَهْلِي وَ بَلْدِي
يَا مُقْلِبَ الْقُلُوبِ فَامْحُ منْ قَلْبِي مَحْبَةَ غَيْرِكَ
وَ حُلْ بَيْنِي وَ بَيْنَ غَيْرِكَ وَ لَا تَحْلُ بَيْنِي وَ بَيْنَكَ

ALLĀHUMMA I NNĪ AS-ĀLUKA HUBBAKA WA HUBBA MAÑ-YUHIBBUK
WA-L-AMALA-L-LADĪ YUBALLIGHŪN HUBBAK • ALLĀHUMMA-JĀ-AL
HUBBAKA ḨABBA ḨILAYYA MIN NAFSĪ WA ĀHLI WA BALADĪ • YĀ
MUQALLIBU-L-QULŪBI FĀMHU MIN QALBĪ MAHABBATA GħAYRIK • WA
HUL B AYNĪ WA BAYNA GħAYRAKA WA L-TAHUL BAYNI WA BAYNAK •

Oh Allāh, I beseech You for Your Love and the Love of those who love You
and deeds that would cause me to be enriched by Your Love.

Oh Allāh, make Your Love more dear to me than my self and my family and my country.

Oh Changer of hearts, remove from my heart the love of anything but You.
And come between me and anything other than You
and let nothing come between me and You.



YĀ WADŪŪŪŪŪŪŪŪDĀ
{7-11-33x}

يَا وَدُودُ أَزْلْ عَنِ الْقَلْبِ سَتَارِي وَ أَسْمَعْ نَدَائِي وَ افْتَحْ قَلْبِي
بِنُورِكَ يَا مَنْ تَحِبُّ هَوَاءَ الْمُنْكَسِرَةَ قُلُوبُهُمْ مِنْ أَجْلِكَ
أَنْتَ اللَّهُ رَبُّنَا

YĀ WADŪDU AZIL ANI-L-QALBI SITĀRĪ WAS-MA NADĀĪ WA-F-TAH QALBĪ
BI-NŪRIKA-YĀ MAN TUHIBU HĀ-ULĀ-Ī-L-MUNKASIRATI QULUBUHUM
MIN AJĀLIK • ANTA LLĀHU RABBUNĀ

Oh Beloved, make the veil on my heart to vanish,
hear my cry and open my heart with Your Light.

Oh You Who love those whose hearts are broken for Your sake —
You are Allāh, our Lord.

اللَّهُمَّ أَجْعِلْ لِي نُورًا فِي قَلْبِي وَنُورًا فِي قَبْرِي ،
 وَنُورًا مِنْ بَيْنِ يَدَيَ وَنُورًا مِنْ خَلْفِي ،
 وَنُورًا عَنْ يَمِينِي وَنُورًا عَنْ شَمَائِيلِي ،
 وَنُورًا مِنْ فَوْقِي وَنُورًا مِنْ تَحْتِي ،
 وَنُورًا فِي سَمْعِي وَنُورًا فِي بَصَرِي ،
 وَنُورًا فِي شَعْرِي وَفِي بَشَرِي وَفِي لَحْمِي
 وَفِي دَمِي وَفِي عِظَامِي

ALLĀHUMMA-Jā-‘AL Lī NŪRAÑ FĪ QALBĪ WAFĪ QABĀRĪ .
 WANŪRAN MIM BAYNA YADAYYA WA NŪRAN MIN KhALFĪ .
 WANŪRAN ‘AN YAMĪNÍ WANŪRAN ‘AN Sh̄-Sh̄IMĀLI .
 WA NŪRAN MIN FOWQĪ WA NŪRAN MIN TAHTĪ .
 WA NŪRAN FĪ SAM‘I WANŪRAN FĪ BAŞARĪ .
 WANŪRAN FĪ Sh̄A‘RĪ
 WA FĪ BAŞARĪ WA FĪ LAHMĪ WAFĪ DAMĪ WAFĪ ‘IDhĀMĪ .

Oh Allāh, make Light in my heart and Light in my grave,
 and Light before me and Light behind me and Light on my right and Light on my left,
 and Light from above me and Light from below me,
 And Light in my hearing and Light in my seeing,
 And Light in my hairs and in my skin and in my flesh and in my blood and in my bones.



YĀ NŪŪŪŪŪŪŪR
 {7-11-33x}

اللَّهُمَّ أَعْطُنِي نُورًا وَأَعْظُمْنِي نُورًا وَأَجْعَلْنِي نُورًا
 وَزِدْنِي نُورًا يَا مَنْ هُوَ نُورٌ عَلَى نُورٍ

ALLĀHUMMA-‘TINÍ NŪRAÑW-WA-Dh̄IM LÍ NŪRAÑW-WA-Jā-‘AL Lī NŪRĀ:
 WA ZIDNÍ NŪRAN YĀMAN HUWA NŪRUN ‘ALĀ NŪR .

Oh Allāh, grant me Light and make vast my Light and make me to be Light.
 Enlighten me oh You Who are Light upon Light.

نَسَا لَكَ اللَّهُمَّ

يَا مُحِيطُ يَا قَرِيبُ يَا مُجِيبُ يَا رَحِيمُ يَا وَدُودُ ،
أَنْ تَشْفِينَا مِنْ جَمِيعِ أَمْرَاضِنَا وَهُمُونَا وَأَحْرَانَا ،
وَمِنْ كُلِّ سَحْرٍ وَحَسْدٍ ، وَمِنْ كُلِّ شَرِّ أَصَابَنَا ،
وَمِنْ صَدَا الْقُلُوبِ وَالْغَفَلَاتِ ،
وَمِنْ كُلِّ حِجَابٍ يَحْجُبُنَا عَنْ أَنْوَارِكَ وَأَمْدَادِكَ وَرَحْمَاتِكَ .
فَلَا شَفَاءَ إِلَّا شَفَاؤُكَ

NAS'A LUKA-LLAHUMMA

YA MUHÎTU YÂ QARÎBU YÂ MUJÎBU YÂ RAHÎMU YÂ WADUDÂ .
'AN TAShFÎNÂ MIN JAM'I 'AMRÂ DINÂ WA HUMUMINÂ WA 'AHZÂNINÂ .
WA MIN KULLI SIHRI WA HASADÂ . WA MIN KULLI ShARRI 'AŞÂBANÂ .
WA MIN ŞADÂ-L-QULÜBI WA-L-ÇİAFALÂT .
WA MIN KULLI HİJÂBİNY-YAHJUBUNÂ
'AN 'ANWÂRİKA WA AMDÂDIKA WA RAHAMÂTIK .
FA-LÂ ShIFÂ'A 'ILÂ ShAFÂ'UK .

We beseech You Oh Allah,
Oh All-Encompassing, Oh Near, Oh Who Answers, Oh Mercy Full, Oh Love.
Cure us from all our sicknesses and worries and sorrows,
and from all magic and envy
and evil that may befall us.
And from a rusting heart and heedlessness.
And from all veils that veil us
from Your Lights and Your Support and Your Merciful Compassion.
There is no healing but Your Healing.



YÂ ShAFÎ
(7x)

اللَّهُمْ فَتَحْتَ لَنَا أَبْوَابَ الْطَّافِكَ الْخَفِيَّةَ الْمَانِعَةَ
حُصُونَهَا مِنْ كُلِّ بَلِيَّةٍ ۝ يَا مَنْ يَقُولُ لِشَيْءٍ كُنْ فَيَكُونُ

ALLĀHUMMA FATAH AL-LĀNĀ 'ABĀWĀBA' AL-TĀFIKA-L-KŪAFIYYATI-L-
MĀNI'ATI-HUŞUNUHĀ MIN KULLI BALİYYAH ۝
YĀ MĀNY-YAQŪLU LI-SH-SHAYİN KUN FAYAKŪN

Oh Allāh, open to us the doors of Your Hidden Infinite Tender Mercy
that shield us from every misfortune — Oh You, Who says to a thing, "Be" and it Is.



YĀ LATĪF
(99x)

يَا لَطِيفُ الْلَّطْفَ أَنْتَ حَسْبِي وَ كَفَا
يَا لَطِيفُ الْلَّطْفَ أَنْتَ حَسْبِي وَ كَفَا
يَا لَطِيفُ الْلَّطْفَ أَنْتَ حَسْبِي وَ كَفَا
يَا لَطِيفُ الْلَّطْفَ بَنَا يَا لَطِيفُ يَا لَطِيفُ
يَا لَطِيفُ الْلَّطْفَ بَنَا يَا لَطِيفُ يَا لَطِيفُ
يَا لَطِيفُ الْلَّطْفَ بَنَا يَا لَطِيفُ يَا لَطِيفُ

YĀ LATĪFU-L-LUTAFĀ 'ANTA HASBĪ WA KAFĀ
YĀ LATĪFU-L-LUTAFĀ 'ANTA HASBĪ WA KAFĀ
YĀ LATĪFU-L-LUTAFĀ 'ANTA HASBĪ WA KAFĀ

YĀ LATĪFU-L-TUF BINĀ YĀ LATĪFU YĀ LATĪF
YĀ LATĪFU-L-TUF BINĀ YĀ LATĪFU YĀ LATĪF
YĀ LATĪFU-L-TUF BINĀ YĀ LATĪFU YĀ LATĪF

Oh Most Tender of the Tender, Your Compensation suffices,
Oh Tender One, Permeate us with Tenderness, Oh So Rare, Oh So Subtle.
(3x)

→ on completion read last three sūrāhs ←



Seoul

*Latitude = 37°34' North * Longitude = 127°00' East
Time = GMT + 9h
Qibla = 74°17' West
from North*